



April 3-6, 2013

Greensboro Aquatics Center, Greensboro, NC

Wednesday Finals

Participating YMCA's

Andover/North Andover YMCA
Anne Arundel County YMCA
Auburn YMCA-WEIU
Auglaize-Mercer Counties YMCA
B.R. Ryall YMCA
Bangor YMCA
Bath Area Family YMCA
Bay View Family Branch YMCA
Beavercreek Branch YMCA
Bellevue Branch YMCA
Berkeley County Family YMCA
Birmingham Family YMCA
Birmingham Metropolitan YMCA
Black Hawk County YMCA
Bloomsburg Area YMCA
Blue Ash Branch YMCA
Boise YMCA
Boyertown Area YMCA
Brandywine -DE YMCA
Brandywine YMCA -PA
Bremerton YMCA
Brookville YMCA
Buehler YMCA
Burlington County YMCA
Butler YMCA
Canton IL YMCA
Cape Cod YMCA
Casco Bay Regional YMCA
Catonsville MD YMCA
Central Branch YMCA
Central Delaware YMCA
Central Florida Metro YMCA
Chambersburg Memorial YMCA
Chapel Hill-Carrboro YMCA
Cheshire YMCA
Chippewa Valley Family YMCA
Clearfield YMCA
Coffman Family YMCA
Columbus North YMCA
Corry YMCA
Cortland County Family YMCA
Countryside Ralph Stolle YMCA.
Crescenta-Canada Family YMCA
Cross Island YMCA
Cuyahoga Falls Riverfront YMCA
Dancel Family YMCA
Darien Community YMCA
Darke County YMCA
Door County YMCA
Down East Family YMCA
East Hampton RECenter YMCA
Eastern Community Branch YMCA
Eau Claire Wisconsin YMCA
Edwardsville YMCA
Elkins West Virginia YMCA
Fanwood-Scotch Plains YMCA
Fargo-Moorhead Family YMCA
Farmington Family YMCA
Fayette County Family YMCA
Flushing YMCA
Fox Cities YMCA
Franklin YMCA - PA
Galion Community Center YMCA
Genesee Area Family YMCA
Geneva Family YMCA
Geneva Lakes Family YMCA
Glens Falls YMCA
Goldsboro Family YMCA
Grand Forks YMCA
Great Miami Valley Ohio YMCA
Greater Canandaigua YMCA
Greater Flint YMCA
Greater Johnstown Community
Greater Peoria Family YMCA
Greater Richmond YMCA
Greater Scranton YMCA
Greater Westfield YMCA
Green Bay YMCA Metro
Green County Family YMCA Inc.
Green Family YMCA
Greensboro YMCA
Greensburg YMCA
Greenwich YMCA
Hamilton Area NJ YMCA
Hannibal YMCA
Hardin County Family YMCA
Harrison Area YMCA
Hazleton YMCA
Hickory Foundation YMCA
Hilliard YMCA
Hunterdon County YMCA
Huntington WV YMCA
Huntington YMCA
Indiana County YMCA
J.B. Chambers Branch YMCA
J.F. Hurley Family YMCA
Jamestown YMCA
Jefferson County YMCA
Joliet YMCA
Kennett Area YMCA
Kishwaukee Family YMCA
Kosciusko Community YMCA
Kroehler Branch YMCA
La Crosse Area Family YMCA
Lakeland Hills Family YMCA
Lakewood Family Branch YMCA
Lancaster & Fairfield YMCA
Lansdowne YMCA
Lattof International YMCA
Laurel East Hartford YMCA
Laurel Highlands Regional YMCA
Leaning Tower YMCA
Lenawee County YMCA
Liberty Township/Powell YMCA
Lionville Community YMCA
Lynchburg YMCA
M.E. Lyons (Anderson) YMCA
Macomb Family YMCA
Mattoon Area Family YMCA
McGaw YMCA
Metuchen Edison YMCA
Mexico Area Family YMCA
Meyers Lake YMCA
Mid-Delmarva Family YMCA
Middle Tyger YMCA
Mon Valley YMCA
Montclair YMCA
Mount Desert Island YMCA
Mount Vernon Ohio YMCA
New Canaan Community YMCA
New Castle Community YMCA
North Canton Community YMCA
North Oakland Family YMCA
North Shore (Sterling) MA YMCA
Northern Dauphin County YMCA
Northern York County YMCA
Northwest North Carolina YMCA
Ocean County YMCA
Orange County CA YMCA
Oshkosh Community YMCA
Pabst Farms YMCA
Park Cities-North Dallas YMCA
Parkersburg YMCA
Parkside Family Branch YMCA
Phoenixville Branch YMCA
Piedmont Family YMCA Inc.
Piscataquis Regional YMCA
Piscataquis Regional YMCA
Pocono Family YMCA
Pottstown YMCA
Powel Crosley Jr. YMCA
Racine Family YMCA
Randolph YMCA
Reading and Berks County YMCA
Red Bank Branch
Regional YMCA of Western
Connecticut
Ridgewood Branch OH YMCA
Ridgewood NJ YMCA
Ridgway YMCA
Ridley Area YMCA
Rock Hill Aquatics Center
Rocky Mount Family YMCA
Sage YMCA
Saginaw YMCA
Sanford-Springvale YMCA
Sarasota YMCA
Saratoga Springs YMCA
Schroeder YMCA
Schuylkill YMCA
Somerset Hills YMCA
Somerset Valley YMCA
Soundview Family YMCA
South County RI YMCA
South Family YMCA-Kettering
Southeast Family YMCA - NY
Southern Saratoga County YMCA
Southwest Illinois YMCA
Springfield Family YMCA
Springfield IL YMCA
St. Cloud Area Family YMCA
State College Area Family YMCA
Streator Family YMCA
Summit Branch YMCA
Sunbury Branch YMCA
Sussex County Branch YMCA
Talbot County YMCA
Tampa Metro YMCA
The Licking County Family YMCA
The West Cook YMCAs
Triangle Area YMCA
Tri-City Area IL YMCA
Tri-County YMCA Inc.
Tuscarawas County YMCA
Uniontown Area YMCA
Upper Main Line YMCA
Valley Shore YMCA
Watertown Family YMCA
Waterville Area YMCA
Waynesboro Family YMCA
West Seattle Branch YMCA
West Shore YMCA - PA
West Suburban YMCA - MA
Western Branch YMCA
Western Monmouth Co. YMCA
Western North Carolina YMCA
Westfield YMCA
Westport/Weston CT YMCA
Wheeler Regional Branch YMCA
Williams County Family YMCA
Wilton Family YMCA
Winsted Area Branch YMCA
Wyckoff Family YMCA Inc
YMCA of Kingston & Ulster
County
York And York County YMCA

2013 YMCA Short Course National Swimming Championship

Schedule of Activities

DAY 0 (TUESDAY)

- 9:00 Pre-meet registration until 3:00pm
(GAC Special Events Center)
- 9:00 Ticket Sales open – closes at 5:00pm
- 9:00 Level I & Level II Officials Training until 1:00 PM
- 11:30 Registration lunch Break until 12:00
- 3:00 New Coaches Meeting - GAC Events Center
- 3:30 Coaches Advisory Meeting – GAC Events Center
- 3:30 Officials Meeting – GAC Center until 5:00pm
- 3:45 Scratch Box Closes
- 3:15 College Coaches Seminar for Parents (until 4:45)
- 4:00 Coaches Association Meeting – GAC Center
- 5:00 Athletes Welcome Party –Pavilion UNTIL 6:00pm
- 7:00 Joseph Rogers Award celebration

DAY 1 PRELIMS (WEDNESDAY)

- 6:30 Spectator area opens (ticket sales to 11:00)
- 7:30 Officials Meeting
- 8:15 Clear Pool
Devotions –Pledge of Allegiance
JOSEPH G. ROGERS Award Announced
MOMENT OF REMEMBRANCE
- 8:30 Prelims Begin**
- 10:00 Time Trial Registration Closes (7:00 Open)
- 12:00 Scratch Box (for Thurs. Events) Closes
- 12:30 Approximate start of Time Trials

DAY 1 FINALS (WEDNESDAY)

- 4:00 Spectator Seating open (Ticket Sales to 7:00)
- 4:15 Officials Meeting - Finals
- 4:50 Assembly for Parade of Athletes
- 5:00 Clear Pool for Finals
Devotions & National Anthem
PARADE OF ATHLETES
- 5:45 **Finals Begin**
Swim Women 50 Free
Awards Women 50 Free
Swim Men 50 Free
Awards Men 50 Free
Swim Women 200 Breast
Awards Women 200 Breast
Swim Men 200 Breast
Awards Men 200 Breast
Swim Women 100 Back
Awards Women 100 Back
Swim Men 100 Back
Awards Men 100 Back
Swim Women 1000 Free Final Heat
Awards Women 1000 Free
Swim Men 1000 Free Final Heat
Awards Men 1000 Free
Swim Women 200 Medley Relay
Swim Men 200 Medley Relay

8:00pm Approximate Finish Time

DAY 2 PRELIMS (THURSDAY)

- 6:30 Spectator area opens (ticket sales to 11:00)
- 7:45 Officials Meeting
- 8:15 Clear Pool
Devotions –Pledge of Allegiance
CONRAD CARROLL AWARD Announced
- 8:30 Prelims Begin**
- 10:00 Time Trial Registration Closes (7:00 Open)
- 12:00 Scratch Box (for Friday Events) Closes
- 12:30 Approximate start of Time Trials

DAY 2 FINALS (THURSDAY)

- 4:00 Spectator Seating open (Ticket sales to 7:00)
- 4:45 Officials Meeting - Finals
- 5:00 Clear Scoreboard Pool
Award Women 200 Medley Relay
Award Men 200 Medley Relay
- 5:15** Clear Pool for Finals
Devotions & National Anthem
- 5:30 Finals Begin**
Swim Women 200 Free
Awards Women 200 Free
Swim Men 200 Free
Awards Men 200 Free
Swim Women 400 IM
Awards Women 400 IM
Swim Men 400 IM
Awards Men 400 IM
Swim Women 100 Fly
Awards Women 100 Fly
Swim Men 100 Fly
Awards Men 100 Fly
Swim Women 800 Free Relay
Swim Men 800 Free Relay

8:15pm Approximate Finish Time

2013 YMCA Short Course National Swimming Championship

Schedule of Activities

DAY 3 PRELIMS (FRIDAY)

- 6:30 Spectator area opens (ticket sales to 11:00)
- 7:45 Officials Meeting
- 8:15 Clear Pool
Devotions –Pledge of Allegiance
- SENIOR RECOGNITION**
- COACH OF THE YEAR Announced**
- 8:30 Prelims Begin**
- 10:00 Time Trial Registration Closes (7:00 Open)
- 12:00 Scratch Box (for Saturday Events) Closes
- 12:30 Approximate start of Time Trials

DAY 3 FINALS (FRIDAY)

- 4:00 Spectator Seating open (Ticket sales to 7:00)
- 4:45 Officials Meeting – Finals
- 5:00 Clear Scoreboard Pool
Award Women 800 Free Relay
Award Men 800 Free Relay
- 5:15 Clear Pool for Finals
Devotions & National Anthem
- 5:30 Finals Begin**
Swim Women 200 Free Relay
Awards Women 200 Free Relay
Swim Men 200 Free Relay
Awards Men 200 Free Relay
Swim Women 100 Breast
Awards Women 100 Breast
Swim Men 100 Breast
Awards Men 100 Breast
Swim Women 200 Back
Awards Women 200 Back
Swim Men 200 Back
Awards Men 200 Back
Swim Women 500 Free
Awards Women 500 Free
Swim Men 500 Free
Awards Men 500 Free
Swim Women 400 Medley Relay
Swim Men 400 Medley Relay

8:30pm Approximate Finish Time

DAY 4 PRELIMS (SATURDAY)

- 6:30 Spectator area opens (ticket sales to 11:00)
- 7:45 Officials Meeting
- 8:15 Clear Pool
Devotions –Pledge of Allegiance
- 2014 JOSEPH G. ROGERS AWARD Announced**
- OUTSTANDING ATHLETES Announced**
- 8:30 Prelims Begin**
- 10:00 Time Trial Registration Closes (7:00 Open)
- 12:30 Approximate start of Time Trials

DAY 4 FINALS (SATURDAY)

- 4:00 Spectator Seating open
- 4:45 Officials Meeting - Finals
- 5:00** Clear Scoreboard Pool
Awards Women 400 Medley Relay
Awards Men 400 Medley Relay
- 5:15 Clear Pool for Finals
Devotions & National Anthem
COACH OF THE MEET Announced
- 5:30 Finals Begin**
Swim Women 200 IM
Awards Women 200 IM
Swim Men 200 IM
Awards Men 200 IM
Swim Women 100 Free
Awards Women 100 Free
Swim Men 100 Free
Awards Men 100 Free
Swim Women 200 Fly
Awards Women 200 Fly
Swim Men 200 Fly
Awards Men 200 Fly
Swim Women 1650 Free Final Heat
Awards Women 1650 Free
Swim Men 1650 Free Final Heat
Awards Men 1650 Free
Swim Women 400 Free Relay
Award Women 400 Free Relay
Swim Men 400 Free Relay
Award Men 400 Free Relay
Awards Swimming Teams
Top 3 Women's Teams
Top 3 Men's Teams
Top 3 Combined Teams

8:30pm Approximate Finish Time

9:00pm Approximate finish time for team awards

2013 Short Course YMCA Nationals Swimmer Volunteers

PRELIMINARIES **Wednesday, April 3** **Thursday, April 4** **Friday, April 5** **Saturday, April 6**

| | | | | |
|-----------------|---|---|--|--|
| Devotion | Ben Creekmore Brandywine DE YMCA Coach – Meredith Griffin | Courtney Regan Reg. YMCA Western CT Coach – Jason Paige 203-775-4444 | Matthew Raatz Schroeder YMCA Coach – Dave Anderson 414-364-0275 | Abigail Raatz Schroeder YMCA Coach – Dave Anderson 414-364-0275 |
|-----------------|---|---|--|--|

FINALS **Wednesday, April 3** **Thursday, April 4** **Friday, April 5** **Saturday, April 6**

| | | | | |
|------------------------|--|---|--|---|
| Devotion | Summit Branch Laura Riddell | Molly Gallant Anne Arundel Co – SPY Coach – Crystee Ballard 410-980-1016 | Kennett YMCA Coach – Angela Pietraniello 410-658-9117 | Boise Y Swim Team Treasure Valley Family Y Coach – Todd Marsh 208-473-9658 |
| National Anthem | Summit Branch Morgan Burke | Shane Corbett Boyertown YMCA Coach – Linda Jones 610-858-6981 | Maura McManus Kennett YMCA Coach – Angela Pietraniello | |
| Color Guard | Cresenta YMCA Joy Lim 818-790-0123 | Brandywine DE YMCA Meredith Griffin | Kennett YMCA | Red Bank YMCA Jack Caucino |
| | | | | |

Award Presenters

Wednesday Finals

ROBBIE PERKINS

Mr. Perkins is serving his first term as Mayor of the City of Greensboro, having served as a district representative from 1993 to 2005, and as an at-large representative from 2007 to 2011. Robbie Perkins was born in Richmond, Virginia and moved to Greensboro after graduating from Duke University with a BA in 1977 and a MBA in 1979. He is President of NAI Piedmont Triad, a commercial real estate brokerage firm with offices in Greensboro and Burlington. He is currently serving on the Board of Directors of New Bridge Bank, as Chairman of the Greensboro Metropolitan Planning Organization, as a member of the Piedmont Authority for Regional Transportation, and on the Board of Trustees of Bennett College.

GREG JONES

Greg Jones is the President/CEO of the YMCA of Greensboro. As an eighteen-year veteran, he oversees the Greensboro Y's 6 branches and one resident camp, which include over 500 employees and 35,000 members.

Greg served as the Chair of the NC State Alliance of YMCAs, as the Chair of the United Way Executive Council, and is a member of the Summit Rotary Club as well as various other councils. He is also an Elder of Westminster Presbyterian Church in Greensboro.

Prior to working for the Y, he worked in the non-profit arena and as a certified public accountant. Greg lived in Tanzania East Africa as a child where his father served as a medical missionary.

ARTHUR A. SOHN, CLU

Arthur is currently President of Smith/Broadhurst Inc., Benefit Planners and Consultants. His Competitive Swimming background includes being a member of the 1956 Olympic Water Polo Team for the Games held in Melbourne, Australia.

RHONDA JOYCE

Rhonda is the Current Chair of the Board of the YMCA of Greensboro. She is the Regional Executive/Senior Vice President of Guilford County for American National Bank. Rhonda has been in banking for over 25 years in Greensboro. Rhonda is also a member of Summit Rotary, the Women's Professional Forum, a graduate of Leadership Greensboro and a member of Stoney Creek's Ladies Gold Association. She is a graduate of the University of North Carolina at Chapel Hill where she earned a BA degree in Industrial Relations.

BRUCE STRATTON

Bruce is currently serving his second term as President of United States Swimming. He has been involved with swimming for over 30 years. Prior to his first term as president he served USA Swimming as treasurer and chair of the Rules & Regulations Committee. Bruce works full-time as a certified public accountant (CPA) in Boise, Idaho. He has been a strong supporter of YMCA swimming through his involvement with the Treasure Valley Family YMCA in Boise.

REID PHILLIPS

Reid is a partner with Brooks, Pierce where he represents clients in commercial litigation in federal and state courts. Reid has been named by his peers as one of North Carolina's "Super Lawyers" in Business Litigation, *Law & Politics* magazine. He served as Chair and Chief Volunteer Officer, Greensboro Metropolitan YMCA, 2005-07, Chair, 2003-04, Vice Chair, 2002-03, Secretary, 2001-02, and Member, 1999-2003, Kathleen Price Bryan Family YMCA Board of Management.

HENRI FOURRIER

Henri is President/CEO of the Greensboro Area Convention & Visitors Bureau. Prior to this he held a similar role in Baton Rouge, LA. His community activities include the Greensboro Sports Council, the Piedmont Triad Film Commission, Downtown Greensboro Inc., Central Gateway Corridor Committee and Foster Friends of North Carolina.

YMCA National Swimming Championship Fun Facts

The Village People and the YMCA Song

(more than you ever wanted to know)

The Village People, one of the most successful disco groups from the late 1970s, was created in 1977 by French record producer and composer, Jacques Morali. The group was named after New York's gay district in Greenwich Village. It is believed that the group was designed to attract gay audiences while parodying some of the stereotypes found in the gay community. As everyone knows by now, the group was made up of "macho men," including a cop, a construction worker, a cowboy, a biker, a Native American and a soldier.



- The group rode the disco wave in the late 1970s with several big hits, including the YMCA song, which was released in 1978 and reached

number two on the pop charts. The song has remained a favorite for more than 20 years and was recently remixed for the millennium. The YMCA song remains a staple for all kind of events, including weddings, bar mitzvahs and baseball games.

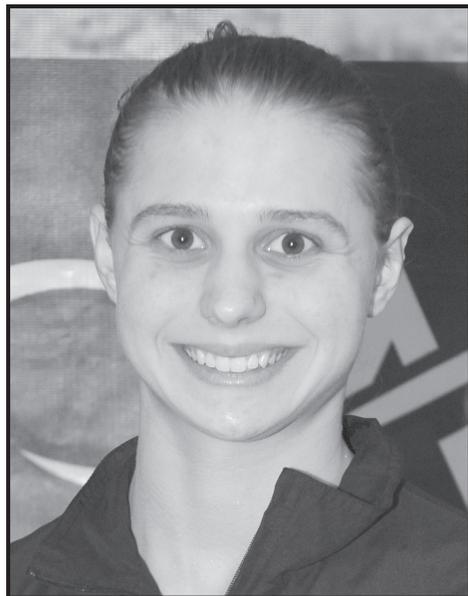
- Originally considered an anthem for the gay community, the song has long been popular with people from all walks of life. It's become the most frequently performed song at sporting events in the U.S. The Village People themselves think of it as a song for everyone to enjoy and dance to using the well-known arm movements that spell out the letters Y-M-C-A. In 1999, Ray Simpson, the group's original lead singer, said that he saw "children and housewives and everyone enjoying that song. We don't want to exclude anybody . . . we want to include everybody." If you haven't danced to the song yourself, you probably know someone who has, that's how popular the song is and how widely it's played.
- The Village People got back together in the 1990s and are performing in venues around the world. Their 20th anniversary tour took them to Madison Square Garden and Radio City Music Hall in New York City. In 1999, they visited the London Central YMCA and signed a guitar that's shaped like the YMCA triangle. Other signers of the guitar? Phil Collins, BB King, and Elton John—pretty good company for a disco group.

Some people still believe that YMCA of the USA sued the Village People on January 13, 1979, because the song violated trademark. This just isn't true, but the rumor still gets play in radio station trivia contests and is floating around the Internet. BMI (the American performing rights organization that represents more than 250,000 songwriters, composers, and music publishers) holds the licensing rights to the song.

Event 101

Women's 50 Yard Freestyle

Qualifying Time - 24.99
National Record - 22.67 Margo Geer
Springfield, OH at Fort Lauderdale, FL, 2010

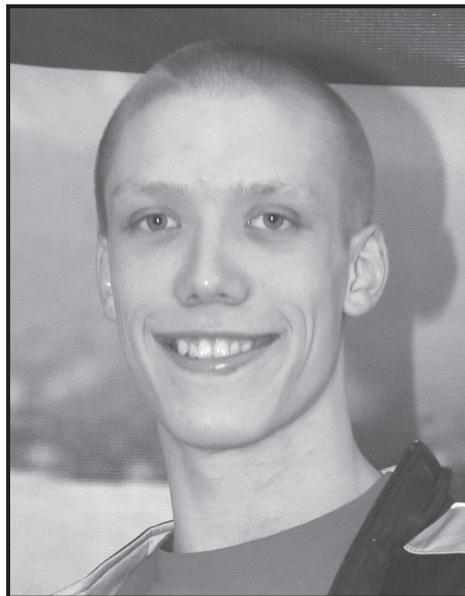


Defending Champion - Katrina Konopka
22.69 - Middle Tyger, SC

Event 102

Men's 50 Yard Freestyle

Qualifying Time - 22.39
National Record - 20.19 Josh Fleagle
Auglaize Mercer, OH at Greensboro, NC 2012



Defending Champion - Josh Fleagle
20.19 - Auglaize Mercer, OH

| Year | Name | Association | Time |
|------|-----------------------|-----------------------|-------|
| 1996 | Lauren Moore | Wilton, CT | 23.21 |
| 1997 | Lauren Moore | Wilton, CT | 23.46 |
| 1998 | Stefanie Williams | Bloomsburg Area, PA | 23.08 |
| 1999 | Cortnee Adams | Schroeder, WI | 23.32 |
| 2000 | Jessi Perruquet | Bloomsburg, PA | 23.86 |
| 2001 | Sara Petric | Schroeder, WI | 23.67 |
| 2002 | Christie Raleigh | Ocean County, NJ | 23.33 |
| 2003 | Claire Woodall-Gainey | Roanoke Central, VA | 23.37 |
| 2004 | Abbie King | Bath, ME | 23.51 |
| 2005 | Payton Johnson | Champaign Co., IL | 23.56 |
| 2006 | Teresa Long | Triangle Area, NC | 23.23 |
| 2007 | Emily Lloyd | Anne Arundel, Co. | 23.57 |
| 2007 | Teresa Long | YMCA of Triangle | 23.57 |
| 2008 | Emily Lloyd | Anne Arundel, Co., MD | 23.40 |
| 2009 | Margo Geer | Springfield, OH | 22.68 |
| 2010 | Margo Geer | Springfield, OH | 22.67 |
| 2011 | Nicki Barczak | Birmingham, MI | 23.21 |
| 2012 | Katrina Konopka | Middle Tyger, SC | 22.69 |

| Year | Name | Association | Time |
|------|----------------------|-----------------------------------|-------|
| 1996 | Jamie Holder | M.E. Lyons, OH | 20.80 |
| 1997 | Nick Cheney | Lima, OH | 20.96 |
| 1998 | William Sargent | Birmingham Family, MI | 20.89 |
| 1999 | Jon Haag | Mansfield, Ohio | 20.78 |
| 2000 | Jon Haag | Mansfield, Ohio | 20.43 |
| 2001 | Christopher Hagedorn | Harrison County Clarksburg, WV | 20.82 |
| 2001 | Scott Weir | Grand Rapids, MI | 20.82 |
| 2002 | Christopher Hagedorn | Harrison County Clarksburg, WV | 20.44 |
| 2003 | Gary Grant | Lakeland Hills, NJ | 20.34 |
| 2004 | Andrew Langenfeld | Mount Vernon, IL | 20.62 |
| 2005 | Dan Priestley | Birmingham, MI | 20.48 |
| 2006 | Matt Donch | Triangle Area, NC | 20.59 |
| 2007 | Peter Geissing | YMCA of Darien Co. | 20.59 |
| 2008 | Peter Geissing | YMCA of Darien Co. | 20.40 |
| 2009 | James Wells | Bath Area, ME | 20.50 |
| 2010 | Mitchell Friedmann | Schroeder, WI | 20.33 |
| 2011 | Joe Bonk | Triangle Area, NC | 20.49 |
| 2012 | Josh Fleagle | Auglaize Mercer, OH | 20.19 |

Event 103

Women's 200 Yard Breaststroke

Qualifying Time - 2:28.99
 National Record - 2:12.47 Amy Wheatley
 Montgomery, AL at Fort Lauderdale, FL, 2002



Defending Champion - Bethany Leap
 2:15.73 - Sarasota, FL

Event 104

Men's 200 Yard Breaststroke

Qualifying Time - 2:15.49
 National Record - 1:55.81 Christian Higgins
 Wilton, CT at Fort Lauderdale, FL, 2011



Defending Champion - Eric Ronda
 1:58.82 - Wilton, CT

| Year | Name | Association | Time |
|------|--------------------|------------------------|---------|
| 1996 | Shannon Suddarth | Topeka, KS | 2:15.17 |
| 1997 | Kelly Jones | Kettering, OH | 2:16.05 |
| 1998 | Kelly Jones | South Comm. Family, OH | 2:15.16 |
| 1999 | Kelly Jones | South Comm. Family, OH | 2:14.83 |
| 2000 | Courtney Stanchock | Bloomsburg YMCA, PA | 2:14.76 |
| 2001 | Courtney Stanchock | Bloomsburg YMCA, PA | 2:16.72 |
| 2002 | Amy Wheatley | Montgomery, AL | 2:12.47 |
| 2003 | Jessica Stephens | Bloomsburg, PA | 2:18.16 |
| 2004 | Jessica Botzum | Triangle Area, NC | 2:17.27 |
| 2005 | Ann Cipoletti | Franklin Co., VA | 2:16.21 |
| 2006 | Keri Sink | Taylor Family, IL | 2:16.88 |
| 2007 | Keri Sink | Taylor Family, IL | 2:17.78 |
| 2008 | Laura Johnson | Montgomery East, AL | 2:16.09 |
| 2009 | Laura Gorinski | Greensburg, PA | 2:15.90 |
| 2010 | KC Moss | Wilton, CT | 2:12.78 |
| 2011 | Abby Fisher | Lakeland Hills, NJ | 2:13.55 |
| 2012 | Bethany Leap | Sarasota, FL | 2:15.73 |

| Year | Name | Association | Time |
|------|--------------------|---------------------------------|---------|
| 1996 | Matt Haup | Kettering, OH | 2:05.53 |
| 1997 | Justin Rhine | Orlando, FL | 2:02.71 |
| 1998 | Justin Rhine | Aquatic Center, FL | 2:00.47 |
| 1999 | Christopher Maurer | Reading/Berks, PA | 2:01.42 |
| 2000 | David Szabo | Roanoke Central Branch YMCA, VA | 2:02.68 |
| 2001 | Mike Alexandrov | Champaign, IL | 2:04.22 |
| 2002 | Mike Alexandrov | Champaign, IL | 2:01.41 |
| 2003 | Mike Alexandrov | Champaign, IL | 1:58.28 |
| 2004 | CJ Neuss | Spokane, WA | 2:02.25 |
| 2005 | Luke Boutwell | East Branch YMCA, AL | 2:05.45 |
| 2006 | Scott Thacker | Franklin County, VA | 2:03.64 |
| 2007 | Leo MacGregor | New Canaan, CT | 2:03.14 |
| 2008 | Scott Marino | Fanwood, NJ | 2:03.13 |
| 2009 | Christian Higgins | New Canaan, CT | 2:00.63 |
| 2010 | Christian Higgins | Wilton, CT | 1:58.42 |
| 2011 | Christian Higgins | Wilton, CT | 1:55.81 |
| 2012 | Eric Ronda | Wilton, CT | 1:58.82 |

Event 105

Women's 100 Yard Backstroke

Qualifying Time - 1:00.19
National Record - 53.086 Sarah Reynolds
Montgomery, AL at Greensboro, NC 2012



Defending Champion - Saah Reynolds
53.86 - Montgomery, AL

| Year | Name | Association | Time |
|------|------------------------|----------------------------------|-------|
| 1996 | Christine Keller | Champaign, IL | 56.37 |
| 1997 | Christine Keller | Champaign, IL | 55.65 |
| 1998 | Christy Watkins | Aquatic Center, FL | 55.46 |
| 1999 | Sara Johnson | Birmingham, MI | 56.77 |
| 2000 | Elizabeth Hetherington | Chapel Hill Carrboro YMCA, NC | 53.16 |
| 2001 | Sarah Haupt | Carlisle, PA | 55.96 |
| 2002 | Megan Tomes | M.E. Lyons, OH | 57.11 |
| 2003 | Tricia Weaner | West Shore, PA | 55.12 |
| 2004 | Lauren English | Montclair, NJ | 55.13 |
| 2005 | Ashley Jones | Joliet, IL | 55.28 |
| 2006 | Candace Cooper | Triangle Area, NC | 55.57 |
| 2007 | Carlyn Lungmus | Sarasota, FL | 56.60 |
| 2008 | Candace Cooper | Triangle Area, NC | 54.90 |
| 2009 | Margo Geer | Springfield, OH | 54.19 |
| 2010 | Margo Geer | Springfield, OH | 54.04 |
| 2011 | Kendall Crawford | Middle Tyger YMCA, SC | 53.98 |
| 2012 | Sarah Reynolds | Montgomery, AL | 53.86 |

Event 106

Men's 100 Yard Backstroke

Qualifying Time - 55.19
National Record - 47.34 Jayme Cramer
M.E. Lyons, OH at Fort Lauderdale, FL, 2000



Defending Champion - Nic Graesser
48.36 - Upper Main Line, PA

| Year | Name | Association | Time |
|------|--------------------|-------------------------------|-------|
| 1996 | Brian Elko | Lakeland Hill, NJ | 50.17 |
| 1997 | Michael Gross | Lakeland Hill, NJ | 51.73 |
| 1998 | William Sargent | Birmingham Family, MI | 50.40 |
| 1999 | Vito Chiaravalloti | Red Bank, NJ | 50.32 |
| 2000 | Jayme Cramer | M.E. Lyons, OH | 47.34 |
| 2001 | Jayme Cramer | M.E. Lyons, OH | 47.97 |
| 2002 | Sam Masson | Boise, ID | 49.28 |
| 2003 | Sam Masson | Boise, ID | 49.43 |
| 2004 | Patrick Schirk | Pottstown, PA | 49.28 |
| 2005 | Patrick Schirk | Pottstown, PA | 49.11 |
| 2006 | Clint McClendon | East Branch Montgomery, AL | 50.47 |
| 2007 | Jim Barbieri | Ralph Stolle Countryside | 50.93 |
| 2008 | Morgan Priestly | Birmingham, MI | 49.33 |
| 2009 | James Wells | Bath Area, ME | 47.70 |
| 2010 | Mitchell Friedmann | Schroeder, WI | 47.61 |
| 2011 | Steven Zimmerman | Countryside, OH | 48.37 |
| 2012 | Nic Graesser | Upper Main Line, PA | 48.36 |

Event 107

Women's 1000 Yard Freestyle

Qualifying Time - 10:30.99
National Record - 9:39.09 Corinne Showalter
Sarasota, FL at Fort Lauderdale, FL, 2007



Defending Champion - Danielle Valley
9:43.62 - Sarasota, FL

Event 108

Men's 1000 Yard Freestyle

Qualifying Time - 9:51.99
National Record - 8:55.55 Nicholas Caldwell
Sarasota, FL at Fort Lauderdale, FL, 2011



Defending Champion - Noah Martin
9:03.39 - York, PA

| Year | Name | Association | Time |
|------|-------------------|---------------------------|---------|
| 2002 | Katie Nelson | San Pedro & Peninsula, CA | 9:55.64 |
| 2003 | Katie Nelson | San Pedro & Peninsula, CA | 9:46.23 |
| 2004 | Leah Gingrich | Harrisburg West Shore, PA | 9:56.70 |
| 2005 | Corinne Showalter | Sarasota, FL | 9:49.65 |
| 2006 | Kata Fodor | Sarasota, FL | 9:57.33 |
| 2007 | Corinne Showalter | Sarasota, FL | 9:39.09 |
| 2008 | Kelly Ann Baird | Winston Salem YMCA, NC | 9:49.37 |
| 2009 | Corinne Showalter | Sarasota, FL | 9:41.24 |
| 2010 | Kelly Ann Baird | Northwest, NC | 9:44.59 |
| 2011 | Danielle Valley | Sarasota, FL | 9:43.01 |
| 2012 | Danielle Valley | Sarasota, FL | 9:43.62 |

| Year | Name | Association | Time |
|------|-------------------|-------------------|---------|
| 2002 | Kevin Nead | M.E. Lyons, OH | 9:18.51 |
| 2003 | Kevin Nead | M.E. Lyons, OH | 9:08.73 |
| 2004 | Hank Browning | M.E. Lyons, OH | 9:15.98 |
| 2005 | Charlie Houchin | Triangle Area, NC | 9:10.78 |
| 2006 | Charlie Houchin | Triangle Area, NC | 9:02.94 |
| 2007 | Austin Detra | Sarasota, FL | 9:09.91 |
| 2008 | Luke Bushman | Green Bay, WI | 9:12.17 |
| 2009 | John Orban | Sarasota, FL | 9:04.75 |
| 2010 | Nicholas Caldwell | Sarasota, FL | 9:00.17 |
| 2011 | Nicholas Caldwell | Sarasota, FL | 8:55.55 |
| 2012 | Noah Martin | York, PA | 9:03.39 |

Event 109

Women's 200 Yard Medley Relay

Qualifying Time - 1:52.89
National Record - 1:43.49 Middle Tyger, SC
at Greensboro, NC 2012

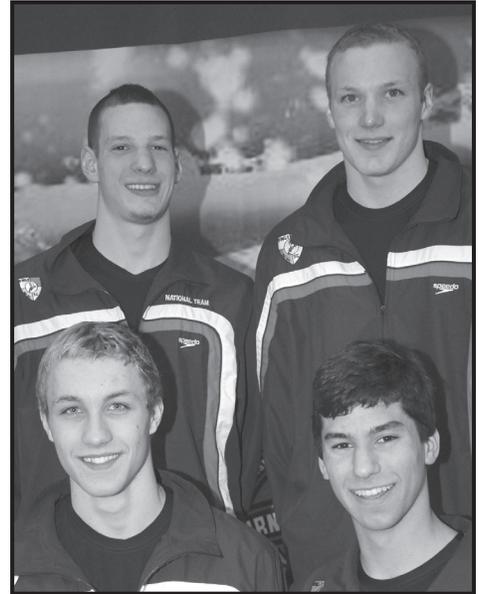


Defending Champion - Middle Tyger, SC 1:43.49

Event 110

Men's 200 Yard Medley Relay

Qualifying Time - 1:41.59
National Record - 1:30.91 Schroeder, WI
at Fort Lauderdale, FL, 2009



Defending Champion - Upper Main Line, PA 1:32.34

| Year | Association | Time |
|------|-------------------------|---------|
| 1996 | Bloomsburg, PA | 1:46.24 |
| 1997 | Wilton, CT | 1:46.95 |
| 1998 | Aquatic Center, FL | 1:45.54 |
| 1999 | Schroeder, WI | 1:46.35 |
| 2000 | Gamble-Nippert, OH YMCA | 1:46.61 |
| 2001 | Gamble-Nippert, OH YMCA | 1:46.61 |
| 2002 | Somerset Hills, NJ | 1:47.01 |
| 2003 | Rappahannock, VA | 1:47.41 |
| 2004 | Plymouth, MI | 1:45.03 |
| 2005 | Lakeland Hills, NJ | 1:46.56 |
| 2006 | Triangle Area, NC | 1:43.94 |
| 2007 | Farmington Family YMCA | 1:45.77 |
| 2008 | Cheshire, CT | 1:44.25 |
| 2009 | Middle Tyger, SC | 1:44.35 |
| 2010 | Cheshire, CT | 1:44.22 |
| 2011 | Middle Tyger, SC | 1:44.56 |
| 2012 | Middle Tyger, SC | 1:43.49 |

| Year | Association | Time |
|------|---------------------------|---------|
| 1996 | Lakeland Hill, NJ | 1:33.53 |
| 1997 | Upper Main Line, PA | 1:34.50 |
| 1998 | Upper Main Line, PA | 1:33.50 |
| 1999 | M.E. Lyons, OH | 1:32.51 |
| 2000 | M.E. Lyons, OH | 1:32.80 |
| 2001 | M.E. Lyons, OH | 1:31.74 |
| 2002 | Upper Main Line, PA | 1:32.89 |
| 2003 | Lakeland Hills, NJ | 1:34.08 |
| 2004 | Harrisburg West Shore, PA | 1:35.87 |
| 2005 | Wilton, CT | 1:33.95 |
| 2006 | Franklin County, VA | 1:32.19 |
| 2007 | Birmingham Family YMCA | 1:34.67 |
| 2008 | Schroeder, WI | 1:33.27 |
| 2009 | Schroeder, WI | 1:30.91 |
| 2010 | Middle Tyger, SC | 1:31.19 |
| 2011 | Middle Tyger, SC | 1:32.16 |
| 2012 | Upper Main Line, PA | 1:32.34 |

2013 National YMCA Short Course, Sanction #: USA-S NC 13051AP

Greensboro NC

Meet Program - 1st Day Finals

Event 101 Women 50 Yard Freestyle**National: 22.67 4/7/2010 Margo Geer****Meet Qualifying: 24.99**

| Lane Name | Age | Team | Prelims |
|-----------|-----|------|---------|
|-----------|-----|------|---------|

Heat 1 C - Final Starts at 05:45 PM

| | | | | |
|---|--------------------|----|------------------|-------|
| 1 | Alexandra Marshall | 18 | Northwest-NC | 23.80 |
| 2 | Holly Christensen | 16 | SomersetValleyNJ | 23.76 |
| 3 | Haley Bishop | 15 | Triangle Area-NC | 23.72 |
| 4 | Erin Polich | 17 | Northwest-NC | 23.69 |
| 5 | Caitlin Tycz | 13 | Bath Area-ME | 23.72 |
| 6 | Anna Wujciak | 18 | Gr. Flint-MI | 23.75 |
| 7 | Victoria Griffin | 18 | York-PA | 23.76 |
| 8 | Morgan Contino | 17 | ME Lyons-OH | 23.82 |

Heat 2 B - Final Starts at 05:47 PM

| | | | | |
|---|------------------|----|------------------|-------|
| 1 | Abigail Raatz | 17 | Schroeder-WI | 23.59 |
| 2 | Savanna Townsend | 18 | Door County-WI | 23.56 |
| 3 | Katie Saloky | 17 | Sunbury-PA | 23.45 |
| 4 | Alexandra Meyers | 17 | Schroeder-WI | 23.39 |
| 5 | Celia Ouellette | 18 | Bath Area-ME | 23.40 |
| 6 | Katrina Kuhn | 16 | SomersetValleyNJ | 23.48 |
| 7 | Ally Mayhew | 17 | Springfield-OH | 23.57 |
| 8 | Tara O'Prey | 18 | Ridley-PA | 23.62 |

Heat 3 A - Final Starts at 05:48 PM

| | | | | |
|---|-------------------|----|------------------|-------|
| 1 | Adriana Grabski | 17 | Sunbury-PA | 23.32 |
| 2 | Chase Kinney | 18 | North Canton-OH | 23.20 |
| 3 | Shannon Rauth | 17 | UpperMainLine-PA | 23.05 |
| 4 | Katrina Konopka | 15 | Middle Tyger-SC | 22.77 |
| 5 | Maddie Rusch | 17 | New Canaan-CT | 22.78 |
| 6 | Caroline Baldwin | 17 | Westfield-NJ | 23.12 |
| 7 | Avery Braunecker | 15 | Mattoon-IL | 23.26 |
| 8 | Katie Kicklighter | 17 | Orlando-FL | 23.37 |

Alternates

| | | | | |
|---|---------------|----|-----------------|-------|
| 1 | Lauren Heller | 15 | Cuyahoga-OH | 23.83 |
| 2 | Katie Kuhl | 16 | Edwardsville-IL | 23.85 |

Event 102 Men 50 Yard Freestyle**National: 20.19 4/5/2012 Josh Fleagle****Meet Qualifying: 22.29**

| Lane Name | Age | Team | Prelims |
|-----------|-----|------|---------|
|-----------|-----|------|---------|

Heat 1 C - Final Starts at 05:55 PM

| | | | | |
|---|---------------------|----|------------------|-------|
| 1 | Joshua Nordike | 18 | Fayette-IL | 21.26 |
| 2 | Isaac Loegering | 18 | Red River-ND | 21.24 |
| 3 | Nicholas Yodonis | 18 | Ocean County-NJ | 21.24 |
| 4 | Michael Skibniewski | 17 | West Monmouth-NJ | 21.17 |
| 5 | Brent Benedict | 16 | Corry -pa | 21.20 |
| 6 | Bailey Maloney | 17 | Triangle Area-NC | 21.24 |
| 7 | Billy Beard | 15 | Boyertown-PA | 21.25 |
| 8 | Tommy Kealy | 16 | Wilton-CT | 21.28 |

Heat 2 B - Final Starts at 05:56 PM

| | | | | |
|---|------------------|----|------------------|-------|
| 1 | Andrew Delahunty | 17 | Middle Tyger-SC | 21.14 |
| 2 | Sebastian Lutz | 16 | SomersetHills-NJ | 21.09 |
| 3 | Andrew Sanchez | 15 | Catonsville-MD | 21.06 |
| 4 | Alex Gray | 18 | Birmingham-AL | 20.98 |
| 5 | Nick Leshok | 16 | Farmington-MI | 21.00 |
| 6 | Evan Mahoney | 18 | Ocean County-NJ | 21.06 |
| 7 | Garrett Hills | 18 | Rock Hill-SC | 21.11 |
| 8 | Phillip Emerson | 17 | Franklin-PA | 21.16 |

Heat 3 A - Final Starts at 05:57 PM

| | | | | |
|---|-------------------|----|------------------|-------|
| 1 | Dan McGrath | 17 | Ridley-PA | 20.87 |
| 2 | Brad Zdroik | 16 | SomersetValleyNJ | 20.84 |
| 3 | Robert Borowicz | 18 | Middle Tyger-SC | 20.52 |
| 4 | Ian Gordon | 17 | Pabst Farms-WI | 20.49 |
| 5 | Ryan Held | 17 | Springfield-IL | 20.52 |
| 6 | Colin Ellington | 16 | Triangle Area-NC | 20.58 |
| 7 | Vlad Komarov | 18 | UpperMainLine-PA | 20.84 |
| 8 | Christian Aragona | 18 | Tri City- IL | 20.97 |

Alternates

| | | | | |
|---|-----------------|----|------------------|-------|
| 1 | William LaCosta | 17 | SomersetHills-NJ | 21.33 |
| 2 | Robbie Brown | 17 | Genesee Area-NY | 21.33 |

Event 103 Women 200 Yard Breaststroke**National: 2:12.47 4/3/2002 Amy Wheatley****Meet Qualifying: 2:28.49**

| Lane Name | Age | Team | Prelims |
|-----------|-----|------|---------|
|-----------|-----|------|---------|

Heat 1 C - Final Starts at 06:04 PM

| | | | | |
|---|-------------------|----|------------------|---------|
| 1 | Jennifer Koide | 17 | SomersetHills-NJ | 2:21.26 |
| 2 | Ingrid Shu | 14 | LakelandHills-NJ | 2:20.71 |
| 3 | Rebecca Titterton | 16 | East Hartford-CT | 2:20.10 |
| 4 | Celia Frick | 17 | SomersetHills-NJ | 2:19.90 |
| 5 | Katy Williams | 17 | Triangle Area-NC | 2:20.08 |
| 6 | Megan Bull | 14 | SomersetValleyNJ | 2:20.46 |
| 7 | Alyssa Arwood | 15 | W.North Carolina | 2:21.11 |
| 8 | Alaina Riordan | 14 | Middle Tyger-SC | 2:21.30 |

Heat 2 B - Final Starts at 06:07 PM

| | | | | |
|---|--------------------|----|------------------|---------|
| 1 | Sydney Baker | 13 | Middle Tyger-SC | 2:19.42 |
| 2 | Rachel Stoddard | 18 | SomersetValleyNJ | 2:19.06 |
| 3 | Meghan Small | 14 | York-PA | 2:18.40 |
| 4 | McKenzie Street | 15 | Ridley-PA | 2:17.75 |
| 5 | Jessica Horomanski | 15 | Middle Tyger-SC | 2:17.78 |
| 6 | Maggie Werba | 16 | Oshkosh-WI | 2:18.74 |
| 7 | Katherine Parker | 17 | Anne Arundel-MD | 2:19.06 |
| 8 | Olivia Clark | 17 | Wilton-CT | 2:19.80 |

Heat 3 A - Final Starts at 06:10 PM

| | | | | |
|---|-------------------|----|------------------|---------|
| 1 | Sophie Cattermole | 16 | Sarasota-FL | 2:17.07 |
| 2 | Olivia Ontjes | 16 | Triangle Area-NC | 2:15.22 |
| 3 | Savanna Faulconer | 14 | Middle Tyger-SC | 2:13.52 |
| 4 | Bethany Leap | 16 | Sarasota-FL | 2:11.85 |
| 5 | Kendra Crew | 18 | Springfield-OH | 2:13.09 |
| 6 | Abby Fisher | 17 | LakelandHills-NJ | 2:14.48 |
| 7 | Alyssa Storino | 16 | Wilton-CT | 2:16.45 |
| 8 | Katie Evans | 16 | Greenwich-CT | 2:17.46 |

2013 National YMCA Short Course, Sanction #: USA-S NC 13051AP

Greensboro NC

Meet Program - 1st Day Finals

Alternates...(#103 Women 200 Yard Breaststroke)

| | | | | |
|---|--------------|----|--------------|---------|
| 1 | Nancy Hu | 15 | Sarasota-FL | 2:21.35 |
| 2 | Erin Dunstan | 18 | Greenwich-CT | 2:21.59 |

Event 104 Men 200 Yard Breaststroke**National: 1:55.81 4/6/2011 Christian Higgins****Meet Qualifying: 2:13.99****Lane Name Age Team Prelims****Heat 1 C - Final Starts at 06:20 PM**

| | | | | |
|---|----------------------|----|------------------|---------|
| 1 | Kyle Weston | 16 | Western Br-DE | 2:06.15 |
| 2 | Brandon Tutty | 16 | LakelandHills-NJ | 2:06.05 |
| 3 | Alex D'Anna | 17 | Red Bank - NJ | 2:05.80 |
| 4 | Zachary Mabin | 17 | Hamilton Area-NJ | 2:05.55 |
| 5 | Matthew Glockenmeier | 17 | SomersetHills-NJ | 2:05.76 |
| 6 | Christopher Vadala | 17 | Red Bank - NJ | 2:05.93 |
| 7 | Campbell Lee | 15 | Sarasota-FL | 2:06.07 |
| 8 | Michael Netto | 17 | Watertown-NY | 2:06.22 |

Heat 2 B - Final Starts at 06:22 PM

| | | | | |
|---|---------------|----|------------------|---------|
| 1 | Sam DeLise | 17 | Wilton-CT | 2:05.11 |
| 2 | Ben Mayes | 18 | Triangle Area-NC | 2:04.68 |
| 3 | Kevin Fanter | 17 | Boise-ID | 2:03.56 |
| 4 | Jacob Limaldi | 16 | Ocean County-NJ | 2:03.08 |
| 5 | Nate Carr | 18 | Huntington-WV | 2:03.19 |
| 6 | Trevor Manz | 18 | Eau Claire-WI | 2:04.29 |
| 7 | Patrick Wall | 17 | Sarasota-FL | 2:05.07 |
| 8 | Luke Lechner | 17 | W.North Carolina | 2:05.51 |

Heat 3 A - Final Starts at 06:25 PM

| | | | | |
|---|-----------------|----|------------------|---------|
| 1 | Jordan Berger | 17 | Wilton-CT | 2:02.99 |
| 2 | Conner McHugh | 17 | Door County-WI | 2:01.75 |
| 3 | Jonathan Rutter | 16 | Powel Crosley-OH | 2:00.57 |
| 4 | Eric Ronda | 18 | Wilton-CT | 1:57.91 |
| 5 | Gregory Han | 17 | Cheshire-CT | 2:00.54 |
| 6 | Zack Warner | 17 | SomersetValleyNJ | 2:01.61 |
| 7 | James Nguyen | 18 | Boise-ID | 2:02.71 |
| 8 | Justin Chiu | 17 | Crescenta-Canada | 2:03.02 |

Alternates

| | | | | |
|---|------------------|----|------------------|---------|
| 1 | Brian Jay | 17 | UpperMainLine-PA | 2:06.53 |
| 2 | Nicholas Gutsche | 18 | Brandywine-De | 2:06.61 |

Event 105 Women 100 Yard Backstroke**National: 53.73 4/5/2011 Kendall Crawford****Meet Qualifying: 1:00.09****Lane Name Age Team Prelims****Heat 1 C - Final Starts at 06:34 PM**

| | | | | |
|---|---------------------|----|------------------|-------|
| 1 | Maddie Rapp | 17 | Countryside-OH | 56.93 |
| 2 | Courtney Weaver | 17 | Gr. Flint-MI | 56.82 |
| 3 | Nikki Bookwalter | 17 | UpperMainLine-PA | 56.75 |
| 4 | Lexi Santer | 16 | Brandywine-De | 56.50 |
| 5 | Camryn Forbes | 14 | Butler-PA | 56.67 |
| 6 | Meghan Lavelle | 16 | Leaning Tower-IL | 56.78 |
| 7 | Haley Shaw | 17 | Gr. Flint-MI | 56.84 |
| 8 | Kathleen Miskiewicz | 16 | SomersetHills-NJ | 56.98 |

Heat 2 B - Final Starts at 06:36 PM

| | | | | |
|---|------------------|----|------------------|-------|
| 1 | Emily Cornell | 14 | UpperMainLine-PA | 56.37 |
| 2 | Maggie Miller | 16 | Harrison Co.-WV | 56.32 |
| 3 | Ashlyn Schoof | 14 | Schroeder-WI | 56.20 |
| 4 | Marianne Kahmann | 15 | Countryside-OH | 55.78 |
| 5 | Mallory Buha | 15 | Farmington-MI | 56.15 |
| 6 | Remedy Rule | 16 | Waynesboro-VA | 56.21 |
| 7 | Jackie Van Lew | 15 | Red Bank - NJ | 56.34 |
| 8 | Julianna Foss | 16 | Burlington Co-NJ | 56.44 |

Heat 3 A - Final Starts at 06:38 PM

| | | | | |
|---|-------------------|----|------------------|-------|
| 1 | Caroline Baldwin | 17 | Westfield-NJ | 55.18 |
| 2 | Niki Price | 17 | York-PA | 55.14 |
| 3 | Ali Galyer | 14 | Middle Tyger-SC | 54.91 |
| 4 | Emily Slabe | 16 | Countryside-OH | 54.27 |
| 5 | Marie Chamberlain | 16 | Cape Cod-MA | 54.77 |
| 6 | Kacey Oberlander | 15 | York-PA | 55.07 |
| 7 | Lindsay Temple | 16 | SomersetValleyNJ | 55.14 |
| 8 | Emma Seiberlich | 14 | Phoenixville-PA | 55.70 |

Alternates

| | | | | |
|---|-----------------|----|----------------|-------|
| 1 | Miranda Hampton | 17 | Springfield-OH | 57.00 |
| 2 | Kira Page | 14 | Western-CT | 57.02 |

Event 106 Men 100 Yard Backstroke**National: 47.34 2000 J. Cramer****Meet Qualifying: 55.09****Lane Name Age Team Prelims****Heat 1 C - Final Starts at 06:46 PM**

| | | | | |
|---|------------------|----|------------------|-------|
| 1 | Mark Blinstrub | 15 | Birmingham-MI | 51.78 |
| 2 | William Benn | 18 | Summit Area-NJ | 51.51 |
| 3 | Garrett Procnier | 18 | Gr. Flint-MI | 51.33 |
| 4 | Benjamin Lin | 18 | Summit Area-NJ | 51.31 |
| 5 | Michael O'Brien | 18 | SomersetValleyNJ | 51.32 |
| 6 | Sean Workman | 16 | Edwardsville-IL | 51.41 |
| 7 | Joseph Shepley | 17 | Cheshire-CT | 51.62 |
| 8 | Chandler Brown | 17 | Middle Tyger-SC | 51.89 |

Heat 2 B - Final Starts at 06:48 PM

| | | | | |
|---|---------------------|----|------------------|-------|
| 1 | Eric Kim | 17 | Wyckoff-NJ | 51.19 |
| 2 | Timothy Kostolansky | 17 | Summit Area-NJ | 51.05 |
| 3 | Robert Borowicz | 18 | Middle Tyger-SC | 50.86 |
| 4 | Brian Kelly | 17 | LakelandHills-NJ | 50.74 |
| 5 | Jin Roh | 18 | Wyckoff-NJ | 50.77 |
| 6 | Coleman Stewart | 15 | York-PA | 50.87 |
| 7 | Daniel Hein | 15 | Kishwaukee-IL | 51.08 |
| 8 | Brent Benedict | 16 | Corry -pa | 51.25 |

Heat 3 A - Final Starts at 06:50 PM

| | | | | |
|---|-----------------|----|------------------|-------|
| 1 | Nathaniel Boley | 17 | Wilton-CT | 50.68 |
| 2 | Dylan Sali | 17 | SomersetValleyNJ | 50.02 |
| 3 | Sam Lynch | 17 | Red Bank - NJ | 49.76 |
| 4 | Andrew Appleby | 17 | Cuyahoga-OH | 48.68 |
| 5 | Nick Petersen | 17 | Schroeder-WI | 49.72 |
| 6 | Alex Trompke | 17 | Boise-ID | 49.90 |
| 7 | Gust Kouvaris | 16 | Birmingham-MI | 50.38 |
| 8 | Brad Oberg | 16 | Middle Tyger-SC | 50.73 |

2013 National YMCA Short Course, Sanction #: USA-S NC 13051AP

Greensboro NC

Meet Program - 1st Day Finals**Alternates...(#106 Men 100 Yard Backstroke)**

| | | | | |
|---|----------------------|----|------------------|-------|
| 1 | Christopher Szymczak | 16 | Farmington-MI | 52.03 |
| 2 | Christian Berg | 17 | East Hartford-CT | 52.11 |

Event 107 Women 1000 Yard Freestyle

National: 9:39.09 4/15/2007 Corrine Showalter

Meet Qualifying: 10:30.99

| Lane Name | Age | Team | Seed Time |
|--|------------------|------------------|-----------|
| Heat 1 of 6 Finals Starts at 06:57 PM | | | |
| 1 | Hannah James | 17 Sarasota-FL | 10:02.08 |
| 2 | Ellie Berdusco | 16 Sarasota-FL | 9:57.91 |
| 3 | Marah Pugh | 17 Macomb- MI | 9:53.76 |
| 4 | Danielle Valley | 17 Sarasota-FL | 9:43.62 |
| 5 | Cassy Jernberg | 15 Schroeder-WI | 9:48.79 |
| 6 | Shaylynn Spelman | 17 ME Lyons-OH | 9:56.35 |
| 7 | Madeline Smart | 17 Wilton-CT | 10:00.10 |
| 8 | Jessie Arnold | 16 Waynesboro-VA | 10:02.57 |

Event 108 Men 1000 Yard Freestyle

National: 8:55.55 4/6/2011 Nicholas Caldwell

Meet Qualifying: 9:51.99

| Lane Name | Age | Team | Seed Time |
|--|-------------------|-----------------|-----------|
| Heat 1 of 8 Finals Starts at 07:16 PM | | | |
| 1 | Stephen Holmquist | 16 Wilton-CT | 9:28.17 |
| 2 | Matthew Moen | 18 Wilton-CT | 9:26.74 |
| 3 | Brandon Flynn | 19 York-PA | 9:24.24 |
| 4 | Alexander Katz | 16 Sarasota-FL | 9:18.02 |
| 5 | Brandon Sweezer | 16 Rock Hill-SC | 9:23.62 |
| 6 | Matt O'Donnell | 17 Sarasota-FL | 9:24.39 |
| 7 | Arthur Conover | 18 Mid Maine-ME | 9:27.25 |
| 8 | Ian Rainey | 17 Wilton-CT | 9:28.58 |

Event 109 Women 200 Yard Medley Relay

National: 1:43.49 4/2/2012 Middle Tyger YMCA

k Crawford,L Williams,H Lips,K Koonopka

Meet Qualifying: 1:52.39

| Lane Team | Relay | Prelims |
|--|------------------|---------|
| Heat 1 B - Final Starts at 07:45 PM | | |
| 1 | Ridley-PA | 1:46.50 |
| 2 | New Canaan-CT | 1:46.40 |
| 3 | Triangle Area-NC | 1:45.54 |
| 4 | Gr. Flint-MI | 1:45.22 |
| 5 | UpperMainLine-PA | 1:45.49 |
| 6 | Wilton-CT | 1:46.14 |
| 7 | SomersetHills-NJ | 1:46.50 |
| 8 | Countryside-OH | 1:46.67 |
| Heat 2 A - Final Starts at 07:47 PM | | |
| 1 | Bath Area-ME | 1:44.69 |
| 2 | SomersetValleyNJ | 1:44.25 |
| 3 | Sunbury-PA | 1:43.94 |
| 4 | York-PA | 1:43.40 |
| 5 | Sarasota-FL | 1:43.90 |
| 6 | Middle Tyger-SC | 1:44.24 |
| 7 | Springfield-OH | 1:44.27 |
| 8 | FanwoodScotch-NJ | 1:45.17 |

Alternates

| | | |
|---|--------------------------|---------|
| 1 | Burlington County YMC | 1:46.69 |
| 2 | North Shore (Sterling) M | 1:46.79 |

Event 110 Men 200 Yard Medley Relay

National: 1:30.91 4/6/2009 Schroeder YMCA

M Friedemann, V Colbert, F Vital, G Charlton

Meet Qualifying: 1:40.99

| Lane Team | Relay | Prelims |
|--|--------------------------|---------|
| Heat 1 B - Final Starts at 08:00 PM | | |
| 1 | Springfield-IL | 1:35.22 |
| 2 | West Monmouth-NJ | 1:35.02 |
| 3 | Farmington-MI | 1:34.98 |
| 4 | Sarasota-FL | 1:34.52 |
| 5 | Burlington Co-NJ | 1:34.81 |
| 6 | Summit Area-NJ | 1:34.98 |
| 7 | LakelandHills-NJ | 1:35.15 |
| 8 | UpperMainLine-PA | 1:35.26 |
| Heat 2 A - Final Starts at 08:03 PM | | |
| 1 | Schroeder-WI | 1:34.21 |
| 2 | Ocean County-NJ | 1:33.98 |
| 3 | Red Bank - NJ | 1:33.23 |
| 4 | SomersetValleyNJ | 1:31.62 |
| 5 | Boise-ID | 1:32.92 |
| 6 | Wilton-CT | 1:33.52 |
| 7 | Triangle Area-NC | 1:34.10 |
| 8 | Middle Tyger-SC | 1:34.43 |
| Alternates | | |
| 1 | Countryside Ralph Stolle | 1:35.56 |
| 2 | Brandywine -de YMCA | 1:35.68 |